

Daily Affirmations- November 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

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| Wed | Nov | 1 st | It's not how many fumbles you make...it's how fast you recover. |
| Thu | Nov | 2 nd | Just because you failed before doesn't mean you should stop trying. |
| Fri | Nov | 3 rd | The next attempt could be your successful one. |
| Sat | Nov | 4 th | You only fail when you quit trying. |
| Sun | Nov | 5 th | No good deed goes undone. |
| Mon | Nov | 6 th | Don't forget while you're walking to smell the roses. It's a beautiful |
| Tue | Nov | 7 th | You are beautiful! - Be the change you wish to see in the world - |
| Wed | Nov | 8 th | :) |
| Thu | Nov | 9 th | I am beautiful. I am worthy. I am somebody. |
| Fri | Nov | 10 th | Never give up!!! |
| Sat | Nov | 11 th | Every action causes a reaction. |
| Sun | Nov | 12 th | Always be optimistic, not negative. Positive thoughts = positive life. |
| Mon | Nov | 13 th | Stay positive. We all shall smile one day. |
| Tue | Nov | 14 th | Be blessed to wake up, to see another day, you are in God's plan. |
| Wed | Nov | 15 th | If you can't escape it, embrace it. |
| Thu | Nov | 16 th | True wisdom comes through living rather than through studying. |
| Fri | Nov | 17 th | The best way to see the good in others is to first find it within yourself. |
| Sat | Nov | 18 th | Empty pockets never held anyone back-only empty heads and empty |
| Sun | Nov | 19 th | True wealth comes through being and not through having. |
| Mon | Nov | 20 th | If you believe you can, you will! |
| Tue | Nov | 21 st | Live, Love, Laugh. If you believe you can do it, you can! |
| Wed | Nov | 22 nd | Don't judge your own past, you don't live there anymore. |
| Thu | Nov | 23 rd | It's never too late to become what you could have become. |
| Fri | Nov | 24 th | One step at a time. |
| Sat | Nov | 25 th | It takes both rain and sunshine to make a rainbow. |
| Sun | Nov | 26 th | Live for today and not tomorrow. |
| Mon | Nov | 27 th | One day at a time. One decision at a time. |
| Tue | Nov | 28 th | Your past does not make you who you are. Keep pushing forward! |
| Wed | Nov | 29 th | Pray until something happens |
| Thu | Nov | 30 th | You are what you think you are. |

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.